



The Great Sphinx of Giza, Egypt

Independent Observer

Peace ends when you are emotionally involved in a situation. The practice of being an independent observer helps you stay stable and calm. It is the best way to approach a decision in any circumstance.

Resisting False Attractions In Actions

All that glitters (shines) is not gold. Life presents you with many illusionary scenes, scenes in which what may be visible may not be the truth. These scenes cause desires to be born inside you to achieve something unnecessary for your prosperity or other types of fulfillments. These can be illusions that make you believe that you will gain something from a situation or person, without the same being true. Thus, you waste time going down a path that not only leads you to disappointment; but you also waste the resource of your thoughts and energy and as a result you tire yourself out emotionally and mentally.

If the intellect is polluted, you make incorrect judgments and are easily deceived by situations or people. Thus, you will make incorrect choices, dishonest or illogical decisions. **You will justify dishonesty and improper actions and you will be incapable of differentiating between the real and the imaginary.** A person with a pure, clear, clean and powerful intellect will act with honesty and sincerity. When your intellect is polluted, you may act against your own conscience or against your better judgment; you also may be insensitive. A person with a doubtful intellect will always justify a dishonest act. Meditation is the process of purifying and cleaning the intellect, because in meditation we connect with the purest intellect, the intellect of the Supreme Soul or God. Meditation is also a process of inner awakening and strengthening of your conscience. **Being awake means to realize, and being strong means to act according to what you have realized.**

Give Encouragement

A word of encouragement at the right time can boost someone's confidence and courage. So don't hesitate or hold back in encouraging others.

Your encouragement doesn't have to be complicated or time-consuming, simply appreciate someone's efforts, share a compliment or give uplifting feedback.

Go on, be lavish and encourage someone today. It might just energize and elevate their day.

Message for the day

To find reasons to be happy is to increase happiness.

Expression: When the mind searches for reasons to be sad and sorrowful, even situations with no great significance are seen with a vision of negativity. So there is constantly an expression of words and actions that reflect the need for sympathy and reassurance. On the other hand, when there is the search for happiness, then everything is positive giving happiness.

Experience: When I am happy, I start perceiving everything with that vision. It is like wearing coloured glasses. Whatever colour my glasses are, the whole world is coloured with it. Then, I am no longer able to perceive and recognize negativity and I am able to remain happy with everything.

*In Spiritual Service,
Brahma Kumaris*